



Dive Team Registration Packet 2015

Registration Available online at:

<https://webtrac.ci.hoover.al.us>



HOOVER HURRICANES DIVE TEAM

About the Club

The Hoover Hurricanes Dive Team (HHDT) has a competitive record unparalleled in the state. We have a solid record of producing successful age group divers that continue their career in the NCAA. Divers from our program have gone on to dive at The University of Alabama, Auburn University, Georgia Tech and more. Over the club's history we have won 16 High School State Championships over twenty years. Our divers have competed at every level from local dual meets to national championships including divers who ranked in the top 10 at the USA Diving Age Group Nationals and a runner up at the AAU National Championships. HHDT is a community organization with a commitment to quality and value. Parents are invited to watch all practices and be involved with the team.

Our Mission

Our first goal at HHDT is to safely coach all our divers towards their greatest potential and to enjoy the sport that we love so much. We strive to teach divers the fundamental mechanics of diving, and good sportsmanship. There is no diving gene. Some people learn more quickly, but everyone can learn. We have targeted our progressions and training to enable everyone to learn as quickly as they are able. HHDT will provide the training, travel, and competition opportunities related to the skill level of the individual and for those who wish to advance to the next level, the HHDT coaches will do what it takes to help you achieve your goals.

Our Coaches

Now in his second season with HHDT, John Sirmon took over the Head Coaching duties from longtime coach Charlie Dunham. As a diver, Sirmon was the 2002 Alabama High School State Champion and competed at the national level during high school. He attended Trinity University in San Antonio, Texas where he dove for the Tigers. Before coming to Birmingham, Sirmon coached at Port City Diving in Mobile, Alabama. During his time at PCD he coached divers to back-to-back State Championships and appearances at the USA Diving National Championship and the AAU National Championship. In addition to coaching at HHDT, Sirmon is starting his second season as the diving coach at Birmingham-Southern College.

After decades as the head of HHDT, Charlie Dunham has handed the reins to coach Sirmon but will be continuing to coach the team even if less often. Dunham was an age group diver in Birmingham, Alabama and competed on the national level. In college, he dove at Florida State University.

Lessons Group

The Lessons Group is the entry point for all divers. In Lessons, we learn the basic mechanics for safe and fun diving. This group is designed for the diver who is new to the sport, or would just like to get their toes wet. Lessons divers will be expected to attend one to two practices per week for one and a half hours. Lessons divers are encouraged to attend home meets and will be welcomed at appropriate away meets.

Each practice will start with 30 minutes of stretching and a light workout focusing on cardio and calisthenics followed by an hour in the water. The curriculum focuses on front and inward rotation with some simple backs. Divers will be learning skills such as forward and backwards jumps and entries from both one meter and three meter, as well as dives such as front dive, back dive, inward dive and some flipping.

Intermediate Team

This group is designed for divers who are currently progressing in their fundamentals and want to work towards competing more often and at higher levels. Divers will be expected to practice between two and four times per week. Divers are required to attend home meets and would be welcomed at appropriate away meets.

Each practice will begin with 30 minutes of stretching and a light workout focusing on cardio and calisthenics followed by one hour in the water. Divers in this group will begin to learn twisting dives such as back flip half twist and front flip half twist among others as well as learning reverses on one meter. Divers will also spend significantly more time working on three meter as they begin to “take up” dives to the high board.

Age Group Team

This group is designed for divers who wish to become competitive. Some experience is required. Divers are expected to have progressed to the point that they can, or are nearly ready to, compete at AAU and USA Diving events at the FINA or J.O. level. Depending on the age, divers could be learning anything from back one and half off the one meter to a front two and half off the three meter and more. Divers will attend all home meets and must attend a minimum amount of away meets as TBD by the schedule.

Each practice will begin with 45 minutes of stretching and workouts. Workouts will still include calisthenics but divers will begin using weights at an appropriate level. We will not be using any kind of weight machines. Our weight training will focus the use of resistance bands, medicine balls and some free weights such as kettle bells. Divers will practice a total of 2.5 hours per day at least three days per week.

Elite Team

The Elite Team are the divers selected by coaching staff in recognition of their success. Divers at this level have the same practice and meet requirements as the Age Group Team. To be considered for the Elite Team a diver should be competing, or ready to compete at, the national level.

Contact

For more information regarding the Hoover Hurricanes Dive Team, please contact:

Aquatics Manager, Ryan Sanders; 205.444.7751 or sandersr@ci.hoover.al.us

Assistant Manager, Kayla Dickson; 205.444.7775 or dicksonk@ci.hoover.al.us



Dive Team Activity Numbers 2015-16

Team/ Group	Activity Number	Cost	Dates
Dive Team Summer 2015			
Intermediate Group	103112-17	\$65/ month	July 1 - August 31
Advanced Group	103112-18	\$80/ month	July 1 - August 32
Dive Team Fall 2015			
September Lessons Group	103112-09	\$50/ month	September 1 - 30
October Lessons Group	103112-10	\$50/ month	October 1 - 31
November Lessons Group	103112-11	\$50/ month	November 1 - 30
December Lessons Group	103112-12	\$50/ month	December 1 - 31
Intermediate Group Sept. - Dec.	103112-13	\$65/ month	Sept. 1 - Dec. 31
Advanced Group Sept. - Dec.	103112-14	\$80/ month	Sept. 1 - Dec. 31
Dive Team Spring 2016			
January Lessons Group	103112-01	\$50/ month	January 1 - 30
February Lessons Group	103112-02	\$50/ month	February 1 - 29
March Lessons Group	103112-03	\$50/ month	March 1 - 31
April Lessons Group	103112-04	\$50/ month	April 1 - 30
May Lessons Group	103112-05	\$50/ month	May 1 - 31
Intermediate Group Jan. - May	103112-15	\$65/ month	Jan. 1 - May 31
Advanced Group Jan. - May	103112-16	\$80/ month	Jan. 1 - May 31

Note: Some holidays will apply. Check our website for Recreation Center Holiday hours.

The Dive team practices year round at the Hoover Recreation Center. Drive Team is available to both Residents and Non-Residence as long as they hold a current membership or program pass.

There will be a one-time AAU fee of \$16 in addition to the monthly fees. The AAU (Amateur Athletic Union) is one of the largest, non-profit, volunteer, sports organizations in the United States and is dedicated exclusively to the promotion and development of amateur sports.

HOOVER PARKS AND RECREATION DIVE TEAM REGISTRATION FORM

Name of Participant _____ Age _____ DOB _____

Sex (Circle): M F Indicate your child's t-shirt size below.

T-Shirt Size (Circle) Youth S Youth M Adult S Adult M Adult L Adult XL

Address _____

Hoover, AL Zip _____ Has your child ever been on a dive team before? ☐ Yes ☐ No

Mother _____ Work _____ Home _____ Cell _____

E-mail _____

Father _____ Work _____ Home _____ Cell _____

E-mail _____

Emergency Contact Person _____

Work _____ Home _____ Cell _____

Pediatrician _____ # _____ Hospital Preference _____

Allergies and Other Medical Information _____

☐ Please check here if you need any accommodation in accordance with the Americans with Disabilities Act to participate in an activity/program or to use any facility provided by Hoover Parks and Recreation. If an accommodation is needed, a member of our staff will contact you about how we can be of further assistance.

Dive Team Fees

AAU Fee: \$16 *This is a one-time fee.

Beginner/Lessons: \$50 per month (Fall and Spring only)

Intermediate: \$65 per month

Advanced: \$80 per month

For Office Use Only		Cash	Check	Credit
Registration #	Activity	Amt	CK#	Type
103112 – Dive Team		Receipt # _____		
		HH# _____		
Received Shirts	Yes No	Total _____		
Staff Initials: _____				



2015

Important Information

The City of Hoover strives to conduct its recreation programs and activities in a safe manner and holds the safety of participants in the highest regard. Participants and parents registering their child in recreation programs must recognize however that there is an inherent risk of injury when choosing to participate in any recreation activities. The City of Hoover continually strives to reduce such risks and insists that all participants follow safety rules and instructions which have been designed to protect the participant's safety.

Please recognize that the City of Hoover does not carry medical accident insurance for injuries sustained in its programs. The cost of such would make program fees prohibitive. Therefore, each person registering themselves or family member/ward for a recreation program/activity should review their own insurance policy for coverage.

Due to the difficulty and high cost of obtaining liability insurance, the City of Hoover requires execution of the following Waiver and Release. Your cooperation is greatly appreciated.

WAIVER AND RELEASE OF ALL CLAIMS

Please read this form carefully and be aware that in registering yourself and/or your ward to participate in this/these program(s), you will be waiving and releasing all claims of injuries, damages or loss, or claims your ward might sustain through participation in this/these program(s) listed below.

Swim and Dive Team

As a participant or the parent/guardian of a participant in this program, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, damages or loss which I or my ward may sustain as a result of participating in any way associated with the activities of the program.

I further agree to indemnify, hold harmless, and defend the City of Hoover, its officials, agents, servants, representatives, employees and board members from any and all claims for injuries, damages or loss sustained by me or my ward arising out of, connected with, or in any way associated with the activities of the program.

In the event of any emergency, I authorize program officials to secure from any licensed hospital, physician and /or medical personnel any treatment deemed necessary of my or my ward's immediate care and agree that I will be responsible of repayment of any and all medical services rendered.

I HAVE READ AND FULLY UNDERSTAND THE ABOVE PROGRAM DETAILS, WAIVER AND RELEASE OF ALL CLAIMS AND PERMISSION TO SECURE TREATMENT.

Participant's Full Name _____ (print)

Signature of Participant or Parent/Legal Guardian (if participant is under 19 years of age)

Date